

humantold

Identifying Patterns & Triggers

This activity will help identify events and patterns that potentially prompted distress to hopefully learn how to improve the moment as best we can.

To start, make some notes about events you associate or find yourself feeling distressed. If you feel overwhelmed by this activity, take a break, do it in smaller increments, or with the support of someone you trust or a therapist.

For each identify the event and ask:

- How would you describe the event and how it makes you feel?
- What would you rate the amount of distress you feel 1-10?
- What are your reactions or sensations when thinking about these events?
- Do you make any judgment or meanings about yourself or others?
- Did anything make you feel better? Was there a reason you chose that form of coping?
 - For example: consuming things, distractions, substance use, people, activities, avoidance/procrastination, self-expression, professionals.
- Were there personal qualities or beliefs that got you through it?
- Any other questions you feel are important or helpful to consider.

Seasonal events

Stressful events

Relationship events

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Losses

Sleep changes

Sentimental things

Positive events

Other

After this activity potentially set some goals for how you may want to navigate some of these events in the future.